

2019 WINTER Swimming Lessons



Personal Lessons

Evans Pool

7201 E. Green Lake Dr. N. Seattle, WA 98115
(206) 684-4961

Want to receive regular e-mail updates from us?

Send an e-mail to evanspool-subscribe-request@talk2.seattle.gov

Need some extra help with that backstroke? Need some basic instruction on the basics of swimming? Or, are group lessons not something you are comfortable with? Sign up for our personal lessons and we will cater the lesson to your needs. \$38 per half hour for 1 student.

Want to add an additional student that is the same skill ability? You can add another student for an extra \$13 per class.

PERSONAL LESSON REFUND POLICY: A participant may be issued a refund if he/she drops a lesson, and notifies the program coordinator 14 days prior to the scheduled date. A service charge of \$5 or 10% of the fee - whichever is greater will be retained by the facility. If a participant drops a personal lesson with less than 14 days notice, no refund will be given.

TRANSFER POLICY: Transfers will be accepted for personal lessons with at least 48 hours notice. Any open

Lessons for 6 month - 4 year-olds

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u># Classes</u>	<u>Cost</u>	<u>Activity</u>
Parent and Child Aquatics Level 1 & 2 6mo - 4 Years Old	Monday	11:30am	1/7-3/25	10	\$75.00	12176
	Tuesday	6:30pm	1/8-3/26	12	\$90.00	12177
	Wednesday	11:30am	1/9-3/27	12	\$90.00	12179
	Wednesday	6:30pm	1/9-3/27	12	\$90.00	12180
	Thursday	5:00pm	1/10-3/28	12	\$90.00	12181
	Friday	11:30am	1/11-3/29	12	\$90.00	12182
	Saturday	10:00am	1/12-3/30	12	\$90.00	12183
	Saturday	3:00pm	1/12-3/30	12	\$90.00	12184



Seattle
Parks & Recreation

Evans Pool WINTER Swim Lessons

Lessons for 3 year-olds only

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u># Classes</u>	<u>Cost</u>	<u>Activity</u>
3 Year Olds	Monday	11:00am	1/7-2/11	5	\$65.00	11996
	Monday	6:30pm	1/7-2/11	5	\$65.00	12000
	Tuesday	3:30pm	1/8-2/12	6	\$78.00	12002
	Tuesday	6:30pm	1/8-2/12	6	\$78.00	12005
	Wednesday	11:00am	1/9-2/13	6	\$78.00	12007
	Wednesday	6:30pm	1/9-2/13	6	\$78.00	12009
	Thursday	3:30pm	1/10-2/14	6	\$78.00	12013
	Thursday	5:00pm	1/10-2/14	6	\$78.00	12016
	Friday	11:00am	1/11-2/15	6	\$78.00	12023
	Friday	3:30pm	1/11-2/15	6	\$78.00	12034
	Saturday	10:00am	1/12-2/16	6	\$78.00	12036
	Saturday	12:00pm	1/12-2/16	6	\$78.00	12042
	Saturday	12:30pm	1/12-2/16	6	\$78.00	12045
	Saturday	1:00pm	1/12-2/16	6	\$78.00	12049
	Monday	11:00am	2/25-3/25	5	\$65.00	11998
	Monday	6:30pm	2/25-3/25	5	\$65.00	11999
	Tuesday	3:30pm	2/19-3/26	6	\$78.00	12003
	Tuesday	6:30pm	2/19-3/26	6	\$78.00	12006
	Wednesday	11:00am	2/20-3/27	6	\$78.00	12008
	Wednesday	6:30pm	2/20-3/27	6	\$78.00	12011
	Thursday	3:30pm	2/21-3/28	6	\$78.00	12014
	Thursday	5:00pm	2/21-3/28	6	\$78.00	12018
	Friday	11:00am	2/22-3/29	6	\$78.00	12025
	Friday	3:30pm	2/22-3/29	6	\$78.00	12031
	Saturday	10:00am	2/23-3/30	6	\$78.00	12038
	Saturday	12:00pm	2/23-3/30	6	\$78.00	12044
	Saturday	12:30pm	2/23-3/30	6	\$78.00	12048
	Saturday	1:00pm	2/23-3/30	6	\$78.00	12050

Lessons for 4 - 5 year-olds

Kinder (All Skill levels) 4 & 5 Year Olds	Monday	6:30pm	1/7-3/25	10	\$90.00	12170
	Tuesday	11:00am	1/8-3/26	12	\$108.00	12198
	Tuesday	4:00pm	1/8-3/26	12	\$108.00	12172
	Wednesday	6:30pm	1/9-3/27	12	\$108.00	12173
	Thursday	11:00am	1/10-3/28	12	\$108.00	12197
	Thursday	4:00pm	1/10-3/28	12	\$108.00	12174
	Saturday	10:30am	1/12-3/30	12	\$108.00	12175

Family Lessons 4-10 years old

Family Lessons	Saturday	2:30pm	1/12-3/30	12	\$90.00	
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Evans Pool WINTER Swim Lessons

Lessons for 6 - 16 years old

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u># Classes</u>	<u>Cost</u>	<u>Activity</u>
Beginning Swimmer 6-16 Year olds	Monday	7:00pm	1/7-3/25	10	\$75.00	12056
	Tuesday	4:30pm	1/8-3/26	12	\$90.00	12058
	Tuesday	5:00pm	1/8-3/26	12	\$90.00	12062
	Wednesday	7:00pm	1/9-3/27	12	\$90.00	12095
	Thursday	4:30pm	1/10-3/28	12	\$90.00	12096
	Thursday	6:30pm	1/10-3/28	12	\$90.00	12099
	Saturday	11:00am	1/12-3/30	12	\$90.00	12101
Advanced Swimmer 6-16 Year olds	Monday	7:30pm	1/7-3/25	10	\$75.00	12165
	Tuesday	6:30pm	1/8-3/26	12	\$90.00	12166
	Wednesday	7:30pm	1/9-3/27	12	\$90.00	12167
	Thursday	5:00pm	1/10-3/28	12	\$90.00	12168
	Saturday	11:30am	1/12-3/30	12	\$90.00	12169
Swim Team Prep 6 - 17 Years old	Monday	7:30pm	1/7-3/25	10	\$75.00	10771
	Wednesday	7:30pm	1/9-3/27	12	\$90.00	16705
	Saturday	11:30am	1/12-2/16	12	\$90.00	16706
Special Populations (6-17 years old)	Saturday	2:30pm	1/12-2/16	6	\$78.00	12185
	Saturday	3:00pm	1/12-2/16	6	\$78.00	12186
	Saturday	2:30pm	2/23-3/30	6	\$78.00	12187
	Saturday	3:00pm	2/23-3/30	6	\$78.00	12188

Lessons for 16 years old to Adult

Adult Lessons	Monday	8:00pm	1/7-3/25	10	\$75.00	12191
	Tuesday	11:30am	1/8-3/26	12	\$90.00	12193
	Wednesday	8:00pm	1/9-3/27	12	\$90.00	12194
	Thursday	11:30am	1/10-3/28	12	\$90.00	12196
Lifeguard Training	Saturdays	2:30pm	2/16-3/30	7	\$160.00	11496

Lessons & Specialty Courses

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

Parent & Child Lessons (Ages 6 months – 4 years) Parents introduce their infants and toddlers to the swimming pool as we teach basic water adjustment and swimming movements. Songs and games create an atmosphere of fun, enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

Three-Year-Olds Lessons (Age 3) Start your child learning basic swimming skills and water safety in a small group with other 3 year olds. We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

Kinder Lessons (Ages 4 & 5) Students will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Front Crawls Stroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We will group children by ability levels on the first day of class. We maintain a 6:1 student to instructor ratio.

Beginning Swimmer (Ages 6 – 16) **Floating, Gliding, Kicking:** Children learn to get comfortable putting their face in the water and practicing floating, gliding and kicking on their front, back and sides. These skills provide the foundation for all other swimming strokes they can learn plus kids learn about personal safety and how to know their limits. **Arm Strokes:** Learning to roll from front to back while performing arm strokes is the next step in mastering the crawls stroke. Once kids are doing that we move on to teaching side breathing. Kids also work on back stroke, strengthening kicking, proper body alignment, treading water and swimming in deep water. **Side Breathing and Whip Kick:** Front Crawl Stroke with bilateral breathing, and an introduction to whip kick are among the skills taught in this level. Children continue to work on strength, endurance and proper techniques. We maintain an 8:1 student to instructor ratio.

Advanced Swimmer (Ages 6 – 16) Swimmers are introduced to other strokes while continuing to increase safety, fitness and skill proficiency. **Prerequisite:** Swimmers must have passed Beginning Swimmer (have received a completion card), be comfortable in deep water and able to swim 15 yards without stopping. They must demonstrate good Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginning Youth Swimmer if there is room. **Learning New Strokes:** Also adds Elementary Backstroke, Breaststroke and Butterfly along with continued practice in Front Crawl Stroke and Backstroke. **Increasing Endurance and Proficiency:** Increased distances and more refinement of the previous strokes along with sidestroke are taught in this course. **Proficiency, Fitness and Water Safety:** Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques. We maintain up to a 10:1 instructor to student ratio.

Swim Team Prep (Ages: 7 – 17) Experience the fun of competitive swimming - This class is for students who have successfully completed Advanced Youth Swimmer. The coaches will emphasize improving stroke technique, turns and racing starts, building teamwork, and getting a strong workout for increased endurance.

DIVING (Ages: 6 – 16) Have fun while learning critical safety habits, basic springboard diving skills and proper form while supervised by an experienced Diving Instructor. Work on skill progressions for forward and back approaches, take-offs, forward and back dives, inward dives, and more. **Prerequisite:** Students must have successfully mastered skills in Beginning Youth Swimmer and have the ability to dive from the side of the pool in deep water.
Beginning Diving 1, Beginning Diving 2, Intermediate Diving

Special Populations Lessons (Ages 6-17) These are individual or small group lessons for youth with cognitive, developmental, or physical special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool Coordinators for information at 206-684-4961.